You are listening to, you've got this episode 330.

Welcome to You've Got This, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life. I'm your host, Dr. Katie Linder. On this episode, I'm going to do a check-in on my 2023 annual goals. Now, if you've been hanging around for a while, you know, this is something that I do on a quarterly basis just to kind of hold myself accountable to the kinds of things that I've wanted to pay attention to and spend my time and energy on throughout the year.

And I will go ahead. Back to my original list of 23 goals for 2023, and what you'll notice is there's actually only 19 because I hold four slots for things that come up throughout the year, uh, for each of the quarters throughout the year. But what I wanted to do in this episode is just kind of do a quick rundown of how things are going with these goals and what are the things that I need to kind of like adjust or be paying attention to as I head into.

Two. So, um, not surprisingly, I had a ton of reading goals this year. I had a ton of reading goals last year. I loved it so much. It really helped me to pay attention to my own kind of self-care and solitude time. So one of the goals I had was to read 300 books throughout the year, and I crossed over reading, uh, 80 books or so in quarter one, which means I'm ahead of schedule on this.

Uh, I will link to my Good Reads profile cuz you can always check out what I'm actively currently reading. I always post on there. Um, so that's been going really well. I also wanted to read to kind of stay on track with that 23 books each month in 2023. So far so good. Um, I did read at least 23 books in each of the first three months of this year.

and I also decided to keep up, uh, a project that I started last year that I called my Alphabet reading challenge, which is basically when I choose a random letter and then I pick five books from my Kindle that start with that letter every month. And I record this on my YouTube channel. And this is so fun because it basically has me pull out things from this like back list of books that I've been collecting for a long time.

And, uh, so I, I can definitely, uh, say that yes, I have completed that alphabet challenge each month of the first three months of. . One of the things that kind of surprised me about one of my goals is I, I designed like a, a self-designed book of the month challenge because I was kind of curious like how many books on the book of the month list have I read?

And when I went through, there were just so many that I had not read. I'd heard of a bunch of them, but I'd not necessarily read them. And so what I decided to do is read at least 24 books from the book Cup list in, uh, this year. And I chose 24 just because it would give me a chance to read a couple of books a month.

well, in the first three months of the year, I read like 14 books that were from the book at the month list because there were so many that have been like, things that I've heard people talking about and I've just wanted to read them for such a long time. And once I kind of like zeroed in on, on that list and that goal, um, I was able to grab a bunch of these, like from the library or I had them in, in like my own, like Kindle back backlist.

Um, and so I, I'm well over halfway to this goal and we'll probably just keep, you know, pulling from this list, uh, throughout the year. Cause it's been really, really. . I also wanted to complete or get current on 23 book series throughout the year. Um, this is something I've been tracking for a while. I have a ton of series books, uh, mostly mysteries that I just love to, um, kind of read the latest, you know, book that comes out from these authors.

And because of that, I have so many series that are just like hanging out that that need to be. Wrapped up or completed. And so I've caught up or, or completed six series thus far, and I'm gonna link to those in the show notes. One is, um, Evie Blackwell, which is like a couple books in a cold case mystery series that I really loved.

Um, I'm caught up for now on the Bergman Brothers, uh, romance series, which there's a new one coming out in April, so I'm gonna have to catch that as well. The Box 88 series, which is basically like a spy thriller series. There's a couple books in that series that I've read. Um, a series about a character named Detective Sergeant Mannon, uh, which is a mystery series, obviously, uh, truly devious, which is a young adult.

Kind of mystery, almost like a Nancy Drew like series that takes place in a private school, uh, which had a fifth book come out recently. And I finished that and then I, uh, finished all the version river, uh, books, which is a, a romance series that I think has like 19 books in it. And I had five left to go, so I threw those on my pile in March and was able to get those wrapped up.

So, um, that's off to a pretty strong start that I, I've got maybe 17 left that I need to complete or get current on throughout. . I also wanted to read, uh, a few series that I, I focused in on very specifically as my goal. So one of them was Patricia Cornwell's case, scar Petta series, which is a mystery series.

There's 26 books in that series, and I've read the first two, so I started that in quarter one, but obviously a lot left to go there. Uh, also wanted to read Brandon Sanderson's Stormlight Archive series. This is six books. Um, four of the six are incredibly long. They're like a thousand pages long. I have not started the series yet, but I do have the eBooks and the audiobooks, uh, waiting in the wings.

So excited to get going on that. And then also, um, I wanted to read Ella Montgomery's, Anna Green Series. I've definitely read the first ones multiple times and I don't know that I've ever read the entire series, so I haven't started that yet, but I feel like that is more of like a spring, summer.

Engagement. So I, I'm kind of like, again, had that waiting in the wings and I'm, I'm like procrastinating it to have some like delicious anticipation when I finally get around to that. , uh, last reading goal was to keep up with posting at least two videos per month to my YouTube channel related to books and reading, and I have been able to do that.

Again, I will link to that channel in the show notes in case you're interested. It is basically me sitting in a chair talking about what I want to read and what I have read, and, uh, it's a great way for me to document what I think about some of these books. So you are welcome to check that out if you have not.

Then I had a few goals that were to support my wellness and my health. And the first one that I had was to practice what I'm calling intuitive exercise. And this is like a thing out in the world, which is basically like, listen to your body and do what your body wants. And um, this is something where I feel like in the first couple months of the year, I was very busy with work and, and it's just, you know, not an excuse, but it's the reality.

And so I, I wasn't moving a ton, um, but I got into a lot more movement toward the end of quarter one. Weather warming up helped a lot because I was able to get outside more for walks, which is really great. And then of course, um, purchasing the Peloton bike was kind of intuitive exercise. It was like, this is something that I feel like would be interesting and fun for my body to try.

So, um, moving more into to movement, which is exciting as we head into quarter. . I also wanted to take at least a week of vacation off from work. Check, check, check. I did that with my most recent retreat. It was super fun. I'm also planning to try to take another week off in July, and I really cannot wait. I think it's gonna be great.

And then, uh, the third goal I had in that area was to get a massage. I have not scheduled that yet, but of course, I'm really looking forward to that. then I had some goals under a category that I called personal and professional development. And uh, the first one was to listen to at least five podcast episodes each month.

And I did this in January and then I completely forgot in February cause it is just not part of my routine. So I caught up in March by doubling up the episodes that I needed to listen to. And I think this is just a wonderful reminder that goals can be as flexible as you want 'em to be, just along the way.

Just because you don't hit it for one month doesn't mean you can't like catch up and keep going. Um, I also had a goal to celebrate Turning 40 in a way that is meaningful to me. I talked about this back in January when I released these goals. This is a project that I am not publicly talking about, but that I am actively working on.

So I did make progress on this in quarter one in. Including some work that I did over my retreat and I am planning to sh share more about this in quarter four of this year when I have it like wrapped up and I feel ready to talk about it. And then, uh, the last thing I had in this category was to journal through all of the questions in Debbie Millman's, the Remarkable Life.

Deck. This is kind of like a 10 year planning guide. There's like 30 questions I think in this deck. I have not started this journaling project yet, but I have picked out the notebook that I plan to journal in. So that's a very exciting, uh, bit of progress and I'm excited to dive into that in a quarter two.

and then I had some miscellaneous goals. So similar to last year, I wanted to pay off 20% of our current mortgage balance. And in this goal we are making progress. In the first quarter of the year, we paid off a little over 4%. So we're just under a quarter of the way, um, to that goal. And this is a very aggressive, Uh, financial goal that I was able to complete last year.

It is highly reliant on how things are going in our business because that is where we have, like, discretionary income that I can throw at the mortgage. So every month that's variable. It goes up and down. But, um, I really love to set this goal because it, it gives me something to work toward. So I'm excited to see where that lands, uh, this year.

We also have in this cool, uh, the miscellaneous school category, watching the entire Dawson's Creek television series. I have finished season one. I am, I would say maybe halfway through season two. And it is so fun, . It is such a melodramatic, silly series about like teenage drama and, and love stories, and I, I just am really enjoying it.

It's, it's really, really a wonderful distraction, like at the end of the day or on the weekend to watch a couple. . I also wanted to watch all the X-Men movies. We have watched the first few of the 13 in this series, and it has been a really long time since I have watched anything related to X-Men. I did watch the first couple of films, like years and years and years ago.

Um, so I'm really catching up on kind of this world and, uh, what it, what it's like. So that's been really fun. . And then I also wanted to listen to every Taylor Swift, um, album in, uh, or sorry, listen to every Taylor Swift song in album order. And I've listened to the first couple of albums. Uh, so good progress there.

Basically how I'm doing this, in case you're kind of wondering, I'm not purchasing the albums. I'm literally like finding a list of the album songs and going onto YouTube and like sometimes there's official music videos and so I'm watching those and sometimes there's just the song with the lyrics. Um, and it's actually really fun to kind of look at the lyrics and see how they've kind of shifted over.

So that's a pretty easy one to, to accomplish. Okay, so then I have these T B D goals and I did decide what my T B D goal is going to be for quarter one, and that was that I decided to apply for level one coach training accreditation with the international organization that I use, um, to accredit my coach training program.

Now you might say, I thought you already went through accreditation and then I thought you went through accreditation again. Uh, yes. All of these things are true . I went through my initial accreditation a couple years ago, and then I had to update that when they changed their accreditation levels. And so I'm actually already accredited at a level two program, and I don't need to necessarily go into detail about what that means, but basically, , it allows me to graduate people at like the, the mid-level of coach training versus like the highest level, uh, which I have not even received yet.

And, um, for this, this allows me to make like an easier pathway for people who want to just do the entry level coach training credential. And, um, right now it's just a little more complicated for people in my program to to do that. And so by receiving accreditation in this particular level, it kind of helps them, which.

you know, good enough for me. I would like to make it easy, easy as possible for them. So I got that application completed and submitted in quarter one, and now I just need to wait and see, uh, if I actually have that accepted and if there's any other follow up things I need to do. But that was a, a really big deal.

There was actually like a deadline that was hanging over me that I, I needed to do that and I didn't even realize it was like possible for me to do this, this kind of level one application. And so researching that. Figuring it out, getting the application done, which is pretty robust. Um, that was a big deal, so I was really glad to check that off, uh, for my goal in quarter.

So that's the rundown. That is how things are going with my current set of 23 goals for 2023. Of course, this is such an opportunity for you to also check in and see where you are in this first quarter of the year, and remember that any month of the year can be the new January. If you are feeling behind, if you are feeling like, oh, I have not yet set my goals, um, you certainly don't have to have 23, but you can set a goal at any time of the year, which is why I love.

Blank goals on my list that I can just fill in as I go. So if you want to check in and let me know how things are going with your goals, of course, I would love to hear. You can email me at hello dr katie linder.com. I always love to hear from you. Thanks for listening. Thanks for listening to this episode of You've Got This.

You can access show notes and transcripts for each episode@drkatielinder.com slash podcasts. If you found this episode helpful, please also consider rating and or reviewing the show through Apple Podcasts.